

## NEWS

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### **BE ‘FIT & FALL PROOF!’**

#### Senior Fitness Program Reduces Risk of Falls

Seniors throughout the Treasure Valley are encouraged to join one of the many **Fit and Fall Proof** classes being organized by the Central District Health Department. Classes have already begun in downtown Boise, West Boise, Mountain Home and Eagle. **Fit and Fall Proof** classes will start October 31<sup>st</sup> in Horseshoe Bend and November 7<sup>th</sup> in Meridian. Call the Central District Health Department at 375-5211 for more information on days and hours of classes near you.

Research shows that maintaining an active lifestyle can reduce a senior's risk of falling. It's estimated that one-in-three senior Americans fall each year. About a fourth of those who fall will wind up with moderate to severe injuries that can lead to:

- Reduced mobility
- Reduced independence
- Increased risk of premature death

The risk of falling increases as a direct result of lower body weakness and problems with walking and balance. An exercise program like the **Fit and Fall Proof** class can improve lower body strength, balance, flexibility and endurance, which can all reduce the risk of falling.

Call 375-5211 today for more information or visit [www.cdhd.idaho.gov](http://www.cdhd.idaho.gov).

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